



# The Journal

Vol. 29

No. 20

[www.dcmilitary.com/journal/](http://www.dcmilitary.com/journal/)

May 18, 2017

## Styx and Eddie Money Play NSAB



U.S. Navy photo by MC3 William Phillips



Nursing  
Director Talks  
Readiness  
- Page 6



Doctor  
Receives  
Teaching Award  
- Page 8



Top MHS  
Leaders Discuss  
Priorities  
- Page 10



# NMCRS Volunteer Appreciation

By Photos by Denise Carmody

The Navy Marine Corps Relief Society-Bethesda showed appreciation for its volunteers at a luncheon April 20. In 2016, 19 volunteers contributed 5,200 hours helping run the organization, which helps Sailors and Marines with loans and grants for emergencies and unexpected expenses. Long-time volunteers were recognized for giving 100 to 2,000 hours of service with the organization and new volunteers were welcomed into the organization.



## Bethesda Notebook

**Bike to Work Day**  
Naval Support Activity Bethesda is set to be a “pit stop” for Bike to Work Day May 19 from 6 a.m. to 9 a.m. at the helipad. To receive a free t-shirt, register at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) and select “Naval Support Activity Bethesda” as your pit stop. There will be light refreshments. This is a rain or shine event.

**Pre-retirement Seminars**  
Two-day pre-retirement seminars, open to Walter Reed National Military Medical Center’s Department of Defense GS employees planning to retire within the next five years, are scheduled for June 6-7, July 26-27, and Aug. 22-23. Pre-registration is required. Registration forms are available on the National Capital Region, Medical Directorate MD website: <http://www.capmed.mil/>, and on the WRNMMC and Fort Belvoir Community Hospital banners. For more information, contact [dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil](mailto:dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil).

**Master Clinician Recognition**  
Walter Reed Bethesda’s Master Clinician Recognition Program will be June 16 at noon in Memorial Auditorium. All staff members are invited. The program recognizes the medical center’s master and associate master clinicians.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher’s advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones  
Public Affairs Officer: Jeremy Brooks  
Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor MC3 William Phillips  
WRNMMC Editor Bernard Little  
  
Writers MC2 Kevin Cunningham  
Andrew Damstedt  
Kalila Fleming  
Megan Garcia  
Joseph Nieves  
AJ Simmons

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain’s Office	301-319-4443
	301-319-4706
Installation SARC	
Priscilla DePinto	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225



# Styx and Eddie Money Perform at NSAB

Story and Photos by MC3 William Phillips  
NSAB Public Affairs

The bands Styx and Eddie Money performed at the Morale, Welfare and Recreation (MWR) Sports Complex May 13.

"It's an honor to perform at a military base," said Styx pianist and singer Lawrence Gowen. "Over the course of the years we do get asked to do things for services and we always enjoy playing for them. There is always a great audience... Through these kinds of shows, we've done some great behind the scenes tours and gotten a peek of what goes into the life that service members live. That's really educational for us and we really enjoy it."

According to Eddie, Walter Reed National Military Medical Center is a very important place for service members.

"Walter Reed Hospital is an amazing place," said Money. "This is where they put people back together again. It's a real honor to do something for my country and the people serving it. It is good to give something back, the reason we sleep [well] at night is because of [service members]."

Some people are not able to keep their music fresh, but Gowen said Styx manages to keep their music fresh by finding new meaning for songs each time they play them.

"It's funny; keeping songs that you play over

See **CONCERT**  
Page 5



In celebration of **Military Appreciation Month**, refer up to five servicemembers, DoD civilians and contractors, and their dependents for membership, and **you'll each get \$50!\***

Our servicemembers can also enjoy military-exclusive offers on checking accounts, auto refinancing and more.

**NAVY**  
**FEDERAL**  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
VETERANS

Learn more at [navyfederal.org/thanks](http://navyfederal.org/thanks)  
or call 1.888.842.6328.

Federally insured by NCUA. \*Offer valid between 5/1/2017 and 5/31/2017 and can expire anytime without prior notice. This offer may not be combined with any other new-member offers at the time of account opening. Referees must be eligible to join. Members eligible for this offer include Coast Guard, all Department of Defense uniformed personnel, reservists, Active Duty, Army and Air National Guard, DoD civilian employees, contractors and their dependents. Referring members must be at least 18 years of age and in good standing. Recruiters are not eligible to refer recruits. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. Account must be in good standing for credit to be processed. Program must be mentioned at time of joining for account to be credited and must have referring member's name and Access Number. \$5 minimum balance is required to open and maintain savings account and to obtain bonus. If you have not funded your new membership savings account at the time the bonus is credited, we will hold the minimum \$5 share required for your membership. Annual Percentage Yield (APY) 0.25%, effective 12/26/2016. Bonus deposited within 14 business days of account opening. Fees may reduce earnings, and rates may change. Limit five referrals per member. Navy Federal employees and their immediate family are not eligible to participate in this program. If the referred person is ineligible for membership, Navy Federal reserves the right to reclaim the referral awards and related bonuses, and to close any resulting new accounts. Image used for representational purposes only; does not imply government endorsement. © 2017 Navy Federal NFCU 13133 (4-17)









The bands Styx and Eddie Money played a concert May 13 at the Morale, Welfare and Recreation Sports Complex. More than 1,000 service members, DoD civilians and their families attended the event. The entertainers were the first major bands to perform an evening concert at Naval Support Activity Bethesda since it was established in 2011.

## CONCERT

From  
Page 3

and over is really how you approach it," said Gowen. "If you feel like you really know this song and you're not connected to it on a daily basis and you're just playing it, it is going to come out as a very flat performance. The great thing about playing in Styx, that's never been our attitude. Every time we get to play those songs, it's another chance to discover some nuance of that piece. It fits where our lives are today. In that moment that song is reborn."

Eddie Money said that playing the same songs is a gift.

"It was a gift from god that you wrote these songs and when people hear it lights them up and it brings back memories from a certain time of their life," said Money. "...I talk to all these people that grew up with my music in

the 70s and 80s, and they say it brings them back to a certain time in their lives."

According to Gowen, every show is important to Styx.

"There has never been a show that is not important to us," said Gowen. "Part of the reason the band has weathered nearly five decades now is that every show is important. There is a degree of seriousness, which may be hard to believe when you see how much fun the show is."

Eddie said shows like this are a chance for him to give back to the service members on base.

Members of both bands spoke of their military ties.

"I was originally from Britain, and my dad was in the Royal Navy during the Second World War; he has lots of stories from that," said Gowen.

"My dad was in the Navy and when the opportunity to do something for our military comes, it is really important to me to give back," said

Eddie. "I've got friends and family members in the service so this concert was a no brainer for me."

Even though this wasn't the first show either band had done on a military base, both Gowen and Money said shows on military bases are always great.

This concert was the first to showcase major bands at NSA Bethesda.

"It's a real honor to be the first major band to play on base," said Money. "I wouldn't say it's something I feel like I deserve, but it's something very special to me. To see how hard [service members] work serving our country is amazing. I know you're not doing it for the money, so it's the least I could do to give back."

"It's great that you're starting at the top; I'll say that with absolutely false modesty," said Gowen. "It's great to be the first band to do that. We have a lot of requirements for us to play a show, and so far the preparation at any military base has been great."





# Navy's Nursing Director Talks Readiness, Celebrates Corps' Birthday At WRB

By Bernard S. Little  
WRNMMC Command Communications

The director of the Navy Nurse Corps, Rear Adm. Tina A. Davidson, held a town hall, promoted a young Navy nurse and participated in a cake-cutting ceremony May 9 at Walter Reed Bethesda as part of the medical center's celebration of National Nurses Week and the 109th birthday of the Navy Nurse Corps.

Davidson, who is also the Navy's director for Medical Resources, Plans and Policy Division, discussed the impact of the National Defense Authorization Act on military medicine during the town hall. She explained the NDAA has a "huge" impact on how military medicine is expected to operate, placing greater emphasis on supporting warfighters and ensuring for the readiness of the forces.

"We are in uniform to go out and work alongside of warfighters," Davidson said. "In the Navy Nurse Corps, I'm looking at what skill sets I need for those operational billets and deployments [supporting warfighters]."

She added how the NDAA also provides the opportunity for different military branches to increasingly work across service lines.

"We all have to work together regardless of our uniform or the rank on our collars," Davidson continued. "We're all here for one reason – to get the job done. We have to be ready to fight the fight tonight. We all need to feel that sense of urgency because we don't know when the fight is going to happen, and it is probably going to happen," she added.



PHOTO BY BERNARD S. LITTLE

**Nurses at Walter Reed Bethesda join the Navy Nurse Corps Director Rear Adm. Tina Davidson (left) to cut cakes celebrating the 109th birthday of the Navy Nurse Corps and National Nurses Week during a ceremony in Bldg. 10 May 10.**

When that fight happens, Davidson said, "Second best is not going to work. We need to be in it to win it."

A civilian nurse prior to joining the Navy more than 30 years ago, Davidson stressed the importance of civilian nurses in accomplishing the readiness mission within military medicine. She explained how civilian nurses provide the corporate knowledge and continuity of care when those in uniform deploy or are required to meet other service obligations away from the military treatment facility.

To meet their mission, Davidson emphasized the importance of nurses taking care of themselves, physically and mentally, to be better able to take

care of others. In addition, she stressed that nurses must continue to advance care and the art of nursing through professional development while remaining true to their core values, evidence-based practices and research.

"The operational missions of the future require us to be ready. We will be more diverse and physically and mentally challenged than in past years. Commitment to good health and fitness is essential for continued success," Davidson stated.

She then promoted Navy Ensign Victoria Louf to the rank of lieutenant junior grade, emphasizing that the oath of office calling for supporting and defending the U.S. Constitution, "is not to be taken lightly."

The admiral was then joined in a ceremony by Walter Reed Bethesda nurses Navy Capt. Nancy Condon and Navy Ensign Suzanne Waters to cut the Navy Nurse Corps birthday cake, while nurses Navy Capt. Valerie Morrison, Francine Bryant, Air Force Capt. Kerrie Sanders and Army Spc. Eric Mitchell, cut the Nurses Week cake.

National Nurses Week is celebrated annually May 6 through May 12, which coincides with Florence Nightingale's birthday. Nightingale is considered the founder of modern nursing because of her commitment to faith and compassion in the delivery of care, as well as for her efforts in advancing training for nurses and advocating for better hospital administration.

The U.S. Navy Nurse Corps was officially established by Congress on May 13, 1908. Twenty women, who became known as the "Sacred Twenty," were selected as the first Navy nurses and assigned to the Naval Medical School Hospital in Washington, D.C.

## NOW LIVE!

The SoMdNews  
App brings you the  
latest local, sports  
and community news  
and information from  
the Southern MD  
Newspapers, 24/7.



The free app is updated  
from our full website,  
**somdnews.com**, in real  
time, delivering you  
the latest headlines.  
Download the app at  
**somdnews.com/newsapp**  
or Scan the QRC code.



SOCIAL MEDIA

NSA BETHESDA

/mwrbethesda

@navymwrbethesda

@mwrbethesda

www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS

Navy Life

NavyMWR NDW

NFAAS

Navy Fitness

MWR

CNIC

FLEET • FIGHTER • FAMILY

Morale Welfare & Recreation (MWR)

5/18

11 am-2 pm

BBQ on the Patio-Bldg. 62 Patio-Grilled specials! Free Ice Cream with Entrée purchase!

5/19

11 am-2 pm

Asian and Pacific Islander Luncheon  
Warrior Café-Korean Ribs, Thai Curry Chicken, Pork Adobo and more!

5/20

8 am

Philadelphia Trip-Register in Ticket Office, Bldg. 2  
Open to All \$20, Liberty Price \$10\*

5/24

11 am-12 pm

LUAU Lunch-Warrior Café, Bldg. 62  
Aloha Hula Dancers, Music, Kalua Pork, Huli-Huli Chicken and more!

5/25

11 am-2 pm

BBQ on the Patio-Bldg. 62 Patio-Grilled specials! Free Ice Cream with Entrée purchase!

5/26

6 pm

DC Improv Trip: Michael Blackson  
Register in Ticket Office, Bldg. 2  
Open to All \$20, Liberty Price \$10\*

5/27

8 am

King's Dominion Trip- Register in Ticket Office, Bldg. 2  
Open to All \$40, Liberty: Free\*

6/3

9 am

National Air & Space Museum Trip  
Register in Ticket Office, Bldg. 2  
Open to All \$10, Liberty Price \$5\*

MARK YOUR CALENDARS....

6/9

11 am-4 pm

Bretton Woods Country Club Golf Outing  
18 holes, golf cart, post round meal, free future weekday round of golf  
Register by 6/8: nsabgolfgjune2017.eventbrite.com

6/10

10 am

Color Me 5K  
MWR Sports Complex  
Register by 6/8: nsabcolorme5k2017.eventbrite.com  
Registration includes food, \*t-shirt, color packet, eye protection and headband.

6/17

6-9 pm

Daddy Daughter Dance, Bldg. 17 Gymnasium  
Reaister bv 6/14: daddv-daughter-dance-2017.eventbrite.com

Liberty Center Bldg. 11

Liberty patrons include  
WII, NMA,  
Geo-Bachelor, E1-E6  
(\*Liberty Eligible Price)  
PH 301-319-8431

5/20

8 am

\$10\*

Philadelphia Trip

5/23

5:30 pm FREE\*

Super Smash Brothers  
Tournament

5/25

3:30 pm

FREE\*

Liberty Block Party  
BBQ

5/26

6 pm

\$10\*

DC Improv Trip:  
Michael Blackson

5/27

8 am

FREE\*

King's Dominion Trip

6/2

9 am

\$5\*

National Air & Space  
Museum

Classifieds

Call 301-645-0900

BUY SELL  
RENT HIRE  
TRADE SHOP  
SWAP FIND  
TO PLACE YOUR AD  
CALL 301-645-0900

BUY SELL  
RENT HIRE  
TRADE SHOP  
SWAP FIND  
TO PLACE YOUR AD  
CALL 301-645-0900

Apartments  
Unfurnished

Equal Housing

All Real Estate advertised here-  
in is subject to the Federal Fair  
Housing Act which makes it ille-  
gal to indicate any preference,  
limitation, or discrimination  
based on sex, handicap, famil-  
ial status, or national origin or  
an intention to make any such  
preference, limitation, or dis-  
crimination. We will not know-  
ingly accept any advertising for  
Real Estate which is in violation  
of the law. All persons, are here-  
by informed that all dwellings  
advertised are available on an  
equal opportunity basis. If you  
believe you have been discrim-  
inated against in connection  
with the sale, rental, or financ-  
ing of housing, call the United  
States Department of Housing  
and Urban Development at  
1-800-669-9777.

Equal Housing  
Opportunity

To place an ad  
Call 301-645-0900



# Walter Reed Doctor Earns National Teaching Award

By Bernard S. Little  
WRNMMC Command  
Communications

Retired Navy Capt. (Dr.) Angeline A. Lazarus, a Walter Reed Bethesda pulmonologist and professor of medicine at the Uniformed Services University, recently received the American College of Physicians Jane F. Desforbes Distinguished Teacher Award during the recent Internal Medicine 2017 Meeting.

"This annual singular recognition is the only national-level full-spectrum teaching award given by the American College of Physicians, which is one of the largest medical specialty society organizations in the world. The award can best be summed up as highlighting accomplishment not only in medical education in our specialty and subspecialties across undergraduate and graduate medical education, but also a



PHOTO BY BERNARD S. LITTLE

**Retired Navy Capt. (Dr.) Angeline A. Lazarus, a Walter Reed Bethesda pulmonologist and professor of medicine at the Uniformed Services University, recently received the American College of Physicians Jane F. Desforbes Distinguished Teacher Award.**

lifetime as an empowering "Teacher of Teachers," explained Navy Capt. (Dr.) William T. Shimeall, Walter Reed Bethesda program director for internal medicine.

"Dr. Lazarus currently

sees her patients and teaches residents, fellows and students in the Walter Reed Bethesda Pulmonary Medicine Service. For one of our own to receive this award is truly outstanding. I am honored to have served with and benefited from her mentorship and guidance over the past 23 years," Shimeall added.

Dr. Michael Keith, a rheumatologist at Walter Reed Bethesda, explained the ACP distinguished teacher award was established in 1968, and in 2007, it was named in honor of Dr. Jane F. Desforbes, a Master of the College and the first woman to receive the award (in 1988).

"The award is bestowed upon a Fellow or Master of the College who has demonstrated the ennobling qualities of a great teacher as judged by the acclaim and accomplishments of former students who have been inspired and have achieved positions of leadership in the field

of medical education, primarily as teachers," Keith added.

Lazarus said she humbled to have been selected to receive the award, which she described as the "external recognition" of doing something which brings her so much "internal joy" – teaching.

"I've always enjoyed the interaction with people I get from teaching, and this award shows they appreciate what I do," she added.

Lazarus, who also served as director of Specialty Clinics at Walter Reed Bethesda, explained her pupils include medical students, interns, residents and fellows, as well as her junior colleagues who come to her for advice and guidance because of her years of experience, which include 27 years as a Navy physician on active duty. She retired as a Navy captain in 2004.

She said what's most rewarding to her about teaching is "helping in the professional growth of

others. To see them learn, graduate and become teachers and leaders, is very gratifying. Next year will be 40 years I've been here [either as a military or civilian physician/teacher], so I've seen students become department heads and professors. That is most gratifying, as well as to have your students one day taking care of you, which is the ultimate. They become your doctor," she said with a smile.

Lazarus said one challenge she faces as a teacher and physician now is time constraints. She added earlier in her career, a challenge included discrimination because of her color, ethnicity and gender. "I overcame that through the grace of God, and 40 years later I can look back and say, I'm glad I continued to do what I enjoy doing."

She explained her interest and enjoyment in health care started when she was a child growing up in India.

"When I was a kid, I had

asthma and I would go to the clinic all the time. I liked the doctor who took care of me. He was like a family doctor. In addition, I always wanted to help people, and my sister went on to study engineering, and medicine was kind of a rival to that for me," she said laughingly of the friendly competition with her sibling.

It was possibly because of her asthma she chose to specialize in pulmonary medicine. "Also, when I was in India training to become a physician, there were many people with tuberculosis, so that helped fueled my interest in pulmonary medicine. In addition, one of my teachers during my residency was a pulmonologist, and he showed a keen interest in training me."

After graduating from medical school in India, completing an internship there as well as at St. John's Hospital in Cleveland Ohio and a residency at Veterans Administration Medical Center in Dayton, Ohio, Lazarus joined the Navy for a two-year fellowship in pulmonary medicine at the former National Naval Medical Center in Bethesda from 1978 to 1980.

Lazarus said she enjoyed the clinical experience, camaraderie and teaching opportunities the military offered her so much that she decided to remain in uniform for nearly three decades, most of those spent at Walter Reed Bethesda.

The physician and teacher said the advice she has to offer not only her students, but anyone, is, "Recognize your potential and maximize it. Don't let the negatives interfere in your achievement. Everyone is blessed with potential, but sometimes we just may not be able to recognize it.

"Enjoy what you do," she added. "If you are in the military, enjoy your assignments. We are here to serve, and when you serve, it always brings more joy than being served."



## GovX MEMBERS

**SAVE UP TO 28%**  
**ON TICKETS, PLUS A \$10 FOOD**  
**& BEVERAGE CREDIT**

For more information, visit  
**[nationals.com/GovX](http://nationals.com/GovX)**

**MAY 28**

**PATRIOTIC SERIES: MEMORIAL**  
**DAY OBSERVANCE**

PRESENTED BY SAIC

**JUNE 12**

**MILITARY BRANCH DAYS:**  
**U.S. ARMY DAY**

**W ONE PURSUIT**

## FREE ADMISSION

**for ALL Active Duty Military Personnel!**

Visit our

**★ Blue Star Museums**

**Active Duty Military Personnel**  
and up to 5 of their immediate family  
members receive **FREE ADMISSION**  
with current Military I.D.

(Valid Memorial Day through Labor Day)



**Surratt House**  
**Museum**  
Clinton, Maryland  
301-868-1121



**Marietta House**  
**Museum**  
Glenn Dale,  
Maryland  
301-464-5291



**Darnall's Chance**  
**Museum**  
Upper Marlboro,  
Maryland  
301-952-8010



**Riversdale House**  
**Museum**  
Riversdale Park,  
Maryland  
301-864-0420



**Montpelier Mansion**  
Laurel, Maryland  
301-377-7817



**College Park**  
**Aviation Museum**  
College Park,  
Maryland  
301-864-6029

For more information  
about these museums visit  
**[history.pgpparks.com](http://history.pgpparks.com)**

**Parks & Recreation**  
**M-N-C-P-P-C**  
**live more, play more**  
**[pgpparks.com](http://pgpparks.com)**





## For your VA Loan, trust EagleBank.

Use your benefit—and  
benefit from local expertise.

Did you know you have a choice of VA lenders? Instead of going with a big, national bank or credit union for your VA Loan, rely on the local focus and personalized service of EagleBank.

**Be sure to take advantage of your VA Loan benefit to finance your home purchase with:**

- No down payment
- No mortgage insurance (PMI)
- Lower monthly payments

**And be sure to check out the benefits of working with EagleBank VA Loan experts:**

- Conventional and VA lending expertise
- Local market knowledge and experience
- Responsive, one-on-one service
- Highly competitive terms

While we lend throughout the USA, we live and work right alongside you in neighborhoods across Maryland, DC, and Northern Virginia. So grab your Certificate of Eligibility and let's sit down and talk. It's your choice.



**EagleBankHomeLoans.com 888.795.8519**  
**MD | VA | DC | NMLS 440513**

VA Loan applicants must meet VA eligibility requirements. VA Loans are subject to a standard VA funding fee, which may be financed up to the maximum loan amount. All loans are subject to credit approval. Not all borrowers qualify. Loan rates and terms are affected by credit score, down payment, occupancy and other financial considerations and are subject to change at any time.



## MILITARY RETIREES\* & ACTIVE-DUTY FAMILIES



**Get TRICARE Prime® with one of the  
most trusted names in medicine.**



**JOHNS HOPKINS**  
M E D I C I N E

**US FAMILY HEALTH PLAN**

*Get 100% of your TRICARE Prime benefits and more  
with the Johns Hopkins US Family Health Plan.*

Enjoy outstanding care and convenience with your  
choice of more than 16,500 primary care doctors  
and specialists all credentialed by Johns Hopkins.

*Request an information packet or reserve a  
seat at an information briefing in your area:*

**Call 1-888-294-1129**

**Visit ChooseHopkinsToday.org/nn**



\*Military retirees under age 65 with TRICARE eligibility can enroll in the Plan.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

**Notice of Nondiscrimination:** Johns Hopkins US Family Health Plan (USFHP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Foreign Language Assistance.** Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-808-7347 (TTY: 1-800-201-7165). **Chinese:** 注意: 如果您使用繁体中文, 您可以免费获得语言援助服务。请致电 1-800-808-7347 (TTY: 1-800-201-7165).



# Top MHS Leaders Discuss Achievements, Priorities in the DHA, NCR

Story and photo by Sarah Marshall  
USU External Affairs

The Defense Health Agency (DHA) is working towards creating a joint health care environment across the Military Health System (MHS) to maximize efficiency and better standardize care. While these efforts have posed some challenges, there have been many great strides along the way.

DHA and National Capital Region (NCR) senior leaders touted accomplishments in the MHS, and gave an overview of their endeavors to continue forming a more cohesive, joint environment in health care, during the Uniformed Services University of the Health Sciences' (USU) Interagency Institute for Federal Health Care Executives course, a two-week class held semi-annually. The course offers seasoned, practicing federal health care executives a chance to examine current issues in health care policy and management, and explore their potential impact on the federal health care system. The course is currently taking place at USU, through May 7, with about 45 participants, who all share a record of health care executive management and the potential to hold senior leadership position. These medical and health service executives represent the Air Force, Navy, Army, U.S. Public Health Service, Department of Veterans Affairs (VA), as well as the Canadian Armed Forces.

Vice Adm. Raquel C. Bono, DHA director, explained to the class on Monday that they are "the next echelon of leadership." What they're charged with – and what this two-week course is designed to help them with – is making sure they understand the complex, moving pieces of the MHS. She also reminded them the DHA will be there to support them, as they strive to move their organizations forward.

She noted that in 2011, an internal task force was directed by the Secretary of Defense to study the MHS and to come up with recommendations. They found



**During USU's Interagency Institute for Federal Health Care Executives Course May 1 Defense Health Agency senior leaders, including DHA Director Vice Adm. Raquel Bono (standing) gave an overview of the challenges within the DHA and National Capital Region. The semi-annual, two-week course took place April 24 to May 5 at USU, providing seasoned, practicing federal health care executives an opportunity to examine current issues in health care policy and management, while exploring their potential impact on the federal health care system.**

there was a need to centralize authority and services, which led to establishing the DHA to directly support combatant commands, and to help coordinate and lead efforts to create a joint environment. The task force also led to establishing Enhanced Multi-Service Markets (eMSMs), geographic areas where at least two hospitals or clinics from different services have overlapping service areas. There are now 15 multi-service markets around the world, 11 of which are in the U.S. Six are considered "enhanced" because of their overall size, medical mission, and graduate medical education capacity. These eMSMs have begun to help optimize readiness, and allow for shared resources, while standardizing clinical and business functions.

Many of these efforts the MHS has embarked on, Bono said, are now becoming public law. She explained that the National Defense Authorization Act (NDAA), which recently became a statute, specifies Department of Defense expenditures, largely having to do with improving health benefits in the MHS, streamlining care, and making administration more efficient.

The MHS is ahead of the game, already focusing on where assets are, and most importantly, listening to what the patients are saying, directly, as well as through surveys, service organizations, and social media. Bono told the class how proud she is of the progress that's been made.

Rear Adm. David A. Lane, director of the DHA NCR Medical Directorate, echoed similar sentiments. He also told the class there have been many great strides, such as continued collaborations between USU, the National Institutes of Health, and the VA. They're on the cusp of forming a new academic alliance, in hopes of transforming into an academic health system.

Lane also explained that while the MHS is a complex structure, its leaders continue working to develop one system, to continue becoming more efficient, with better standardized processes and better standardized care. These efforts have already resulted in being able to book more than 90,000 new appointments for specialty care, and 48,000 more are expected to be generated this year in the NCR.

Col. Jason Weiman, Fort Belvoir Community Hospital (FBCCH) director, went on to offer the class a tactical perspective. He explained that it all boils down to readiness – it's important to remember that we take care of our service members, because it makes them better service members, and we take care of their families because service members do a better job when they know their families are in good hands, he said. He also emphasized the importance of the patient experience, access, and safety – that's what we're about in the Military Health System, he added.

## NSA Bethesda NavyLodge® Perfect for Families on PCS Orders



**"Navy Lodges are the official government lodging for PCS moves," said Ana Herrera-Ruiz, General Manager, Naval Lodge NSA Bethesda.**



- Navy Lodges offers a safe environment for families to stay whether it's for a few days or a few weeks.
- We offer a variety of spacious rooms including: Family suites with oversized rooms, living and dining areas, fully equipped kitchens, flat screen televisions with cable and DVD player and soft and firm pillow options.
- Handicap accessibility.
- Free Wi-Fi • On site guest laundry facilities, minimart and workout room.
- Free breakfast • Weekly manager's reception to get tips and information on the area and base.
- Dogs and cats up to 50 pounds allowed, contact for more pet policies.

**Pick up a Navy Lodge scratch-off card today and  
You could earn a 10%, 15% or 25% discount or a free stay up to 20 nights.**

\*The discount is valid at all Navy Lodges in the continental United States until February 28, 2018. Guests may use only one discount per stay. Guests can pick up their scratch-off card on base at PSD, the housing office, household goods, the personal property office or NEX Customer Service desk. Scratch-off cards can also be sent to a guest by calling the Navy Lodge Reservation Center at (800) 628-9466.

**Room rates at an average of 45 percent below comparable civilian hotels.**

**For reservations, call (800) 628-9466 or go online at [www.navy-lodge.com](http://www.navy-lodge.com)  
8855 Stokes Road, Bldg. 52, Bethesda, MD 20889-5642**





**Renewal**  
by Andersen®  
WINDOW REPLACEMENT an Andersen Company



# Memorial Day Window and Patio Door Sale

## Hurry – limited time offer!

- We are the full-service replacement window division of Andersen, a family-owned American company that builds affordable windows for those with a deep sense of pride in their home
- Our window helps make homes more comfortable because our window material is two times stronger than vinyl
- To lock in this Memorial Day Sale, call on or before Monday, May 29th, and schedule your free Window Diagnosis



**Memorial Day Sale ENDS Monday, May 29th**

**Buy 1 window or patio door,  
get 1 window or patio door**

**40% OFF<sup>1</sup>**

**WITH**

**NO NO NO FOR 1**  
MONEY DOWN PAYMENTS INTEREST YEAR<sup>1</sup>

When you set your appointment by May 29th and purchase by June 3rd. Interest accrues from the purchase date but is waived if paid in full for 12 months. Minimum purchase required.

**PLUS**

**take an  
additional  
\$50 off each  
window and  
patio door<sup>1</sup>**

No minimum purchase required for additional \$50 off.

**Renewal**  
by Andersen®  
WINDOW REPLACEMENT an Andersen Company  
The Better Way to a Better Window™



**Call to schedule your  
appointment. Limited  
appointments are available.**

**301-388-5222  
410-885-6010**

<sup>1</sup>DETAILS OF OFFER – Offer expires 6/3/2017. Not valid with other offers or prior purchases. Buy one (1) window or patio door, and get the next at 40% off, and pay no money down with 12 months no payments, no interest when you purchase four (4) or more windows or patio doors between 5/14/2017 & 6/3/2017 with approved credit. The 40% off units must be less than or equal to lowest cost units in the project. Additional \$50 off each unit when you set your appointment by 5/29/2017 and purchase by 6/3/2017, no minimum purchase required. \$50 offer applied after initial discount. Savings comparison is based on the purchase of a single unit at regular list price. Available only at participating locations. APR of 16.68% as of 6/1/2015, subject to change. Other discounts and financing options available for other purchase levels. See your local Renewal by Andersen location for details. License MN: BC130983/WI:266951. Excludes MN insurance work per MSA 325E.66. VA License #2705155684, DC License #420215000125, MHIC #121441. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2017 Andersen Corporation. All rights reserved. ©2017 Lead Surge LLC. All rights reserved.



# Verizon is proud to support our troops.

**\$200 Visa® gift card per line**

**15% off the monthly account access fee**

**For all former and current military who switch.**



**verizon**✓

4G LTE smartphone on device payment purchase & new activation required. Excludes Samsung S8 & S8+ and Samsung trade-in promotion and \$50 Visa prepaid card promotion. For military veterans, reservists, and active-duty service members only. Prepaid cards mailed within 10 weeks. Cards are issued by Citibank, N.A., pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa debit cards are accepted. Activation/upgrade fee/line: \$30. IMPORTANT CONSUMER INFORMATION: Subject to VZW Agmts, Calling Plan & credit approval. Offers & coverage, varying by svc, not available everywhere; see vzw.com. While supplies last.